

**LEARNED HELPLESSNESS, SELF-CONCEPT CLARITY
AND FATIGUE AS PREDICTORS OF SUICIDALITY AMONG
ADOLESCENTS AND ADULTS IN OYO STATE, NIGERIA**

BY

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MATRICULATION NUMBER: 16PBB01462

**AN ORIGINAL ESSAY SUBMITTED TO THE DEPARTMENT
OF PSYCHOLOGY, COLLEGE OF LEADERSHIP
DEVELOPMENT STUDIES, COVENANT UNIVERSITY, IN
PARTIAL FULFILMENT OF THE REQUIREMENTS FOR
THE DEGREE OF MASTERS OF SCIENCE IN CLINICAL
PSYCHOLOGY**

**DEPARTMENT OF PSYCHOLOGY, COLLEGE OF
LEADERSHIP AND DEVELOPMENT STUDIES**

COVENANT UNIVERSITY

OTA, OGUN STATE, NIGERIA

JUNE, 2018

CERTIFICATION

I hereby certify that this research was written and carried out by **EYISI, Ifeanyichukwu Meek (16PBB0462)** and has been read and approved as meeting the requirements of the Department of Psychology, College of Leadership Development Studies, Covenant University, Canaanland, Ota.

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DEDICATION

Lord, lift me up, and let me stand. By faith on Canaan's tableland; A higher plane than I have found, Lord, plant my feet on higher ground.

I'm pressing on the upward way, New heights I'm gaining every day; Still praying as I onward bound, "Lord, plant my feet on higher ground."

This thesis is dedicated to the Holy Trinity God the Father, God the Son and God the Holy Spirit from whom all things come and of HIS own do we give HIM, on a covenant ground, standing on the promises that cannot fail.

Thank you Lord for answered prayers!

ACKNOWLEDGEMENTS

By and by in marvelous intrigue I will keep saying to myself, ‘if it had not been for the Lord, my God who was by my side?’

It’s always a treat when great people meet; I am indeed indebted to Covenant University, ably shepherded by the Chancellor, Dr. David Oyedapo, and in tandem with the administrative professionalism of Prof. A. A. A. Atayero (Vice Chancellor), Cananland is indeed a promised land and being described as a sure stop on the road to greatness would be apposite.

I deeply appreciate Dr. Muiyiwa Oludayo (Registrar, Covenant University) whose complexion of unconventional oratory prowess has left me better equipped, more inspired and driven.

I express my sincere gratitude to my supervisor Prof. A. M. Gesinde for his indefatigable efforts and guidance, coupled with the devotion of his abundant resource of intellectual utility in seeing that this thesis is compliant with all possible best practices in academic research writing. Namaste Sir.

With a joyous heart, I sincerely appreciate my mum, who’s understanding of the value of education is overwhelming, her love also all encompassing, my siblings Joy and Noble whose uncommon support I wish to uphold, recognizing with deep profundity my Dad who is always my go-to for support, I pray the good Lord uplifts us all.

To cap this up, I acknowledge the intellectual words of my lecturers and its impact in interrupting the old vision of myself and as a result of their examples, review, repetitive corrections and reinforcement of a Masters echelon of thought understanding, I’ve been able to progress from a fundamental level of undergraduate information to a phenomenal level of mastery, readiness and skill. In no particular order I recognize:

Dr. G. O. Adejumo,	Prof. A. M Gesinde,	Dr. B. C. E. Agoha,
Dr. D. O. Igbokwe,	Dr. S. O. Adeusi,	Dr. O. A. Adekeye,
Dr. J. A Odukoya,	Dr. I. K. Evbuoma,	Dr. M. A. Sholarin,
Prof. B. O Ehigie,	Dr. E. I Olowookere	and Dr. A. O Elegbeleye

May the good Lord lift up his countenance upon you, and keep you framed-in good success! Amen.

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ABSTRACT

This study examined learned helplessness, self-concept clarity and fatigue as predictors of suicidality among adults and adolescents in Ibadan metropolis, Oyo State. Using a cross-sectional survey design, data was collected from 2493 (Males = 969, Females = 1524 with a mean age of 37.78 years; SD = 11.94) using a cluster sampling technique. Multiple regression analysis (Stepwise), Inter-Variable correlation and independent t-test were employed to test the four stated hypotheses. Results from the stated hypotheses indicated that learned helplessness, self-concept clarity and fatigue jointly accounted for 99.6% of the variance in suicidality ($R^2 = .998$; $R^2 = .996$; $F(3, 2489) = 196657.17$; $p < .001$) and separately predicted suicidality at different degrees in this order (fatigue $\beta = .427$; $t = 22.04$; $p < .001$; self-concept clarity $\beta = -.403$; $t = -16.83$; $p < .001$; learned helplessness $\beta = .169$; $t = 8.785$; $p < .001$). Also, there was a significant positive relationship between learned helplessness, fatigue and suicidality and a significant negative relationship between above mentioned variables and self-concept clarity). Further analysis revealed that there was a significant gender difference in suicidality ($t = -32.922$; $df = 2491$; $p < .001$). It is therefore recommended among others that practical interventions be implemented to reduce fatigue and imbue a graceful self-concept clarity in Nigerian adults and adolescents, consequently preventing them from acquiescing into a helpless mindset. This will have a sheltering effect against the possibility of their developing any form of suicidal behavior.

Keywords: Learned helplessness, self-concept clarity, fatigue, suicidality and Nigeria